

## ABSTRACT OF THE DISCLOSURE

A holographic recording and reproducing method for recording  
holographic data in and reproducing holographic data from a holographic  
5 recording medium including a recording layer in which data are to be  
recorded as phase information of light by projecting a signal beam and a  
reference beam thereonto and an optical modulation pattern periodically  
formed in a direction of a track on a surface located on the opposite side of  
the recording layer as viewed in the direction of signal beam and reference  
10 beam incidence on the holographic recording medium, the holographic  
recording and reproducing method including a step of projecting a light  
beam for servo control onto the holographic recording medium so as to  
substantially focus onto the surface on which the optical modulation  
pattern is formed, thereby generating clock signals in synchronism with  
15 the optical modulation pattern.

According to the thus constituted holographic recording and  
reproducing method, it is possible to generate accurate clock signals and  
remove noise superposed on a reproduced light beam.